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# Community *notes*

## Suicide Prevention Awareness Month



September is National Suicide Prevention Awareness Month. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender, or

background. It is important to know the resources available if you or a loved one is in crisis and needs to talk to someone. If you or someone you know is in an emergency, call 911 immediately.

There are several resources available in Howard County to help in a crisis situation:

- **Grassroots** at 410-531-6677: [Grassroots](#) is a 24-hour crisis intervention and supportive counseling hotline. They have trained staff members available to speak with those in crisis and find them the help they need. Grassroots also offers walk-in counseling, no appointment needed. Email [Amanda@grassrootscrisis.org](mailto:Amanda@grassrootscrisis.org) for more information.
- **Maryland Crisis Hotline** at 800-422-0009: this [hotline](#) is available for those in central Maryland that need to find help and support.
- **Lifeline** at 800-273-8255: this [hotline](#) is for callers in any state to reach a crisis counselor.

The National Alliance on Mental Illness has great resources and information available on their [website](#). Breaking the stigma by talking about mental health can save a life. Reach out to those who may need it.

## Greetings

Tomorrow marks the first official day of autumn. In this week's newsletter, I have highlighted some exciting upcoming events for you to celebrate the fall season with your family and friends. Enjoy.

## Donation Scam Information

When natural disasters strike, giving a monetary donation is usually the best way to help victims recover. Unfortunately, con artists often see natural disasters as a way to steal money from unsuspecting donors and disaster aid recipients.

Make sure your donation is going to a legitimate charity:

- If the charity has either an unfamiliar name or a name that sounds similar to another organization, do some research before giving any money.
- Be wary if the charity refuses to provide documentation of the 501(c)3 non-profit status or other identifying information.
- Charities that solicit donations in Maryland must be registered with the [Maryland Secretary of State](#).
- Ask whether the person calling works for the charity itself or a professional fundraising company. Professional fundraisers often take 80% or more of every donation.

Report any suspicious requests for donations to the [Howard County Office of Consumer Protection](#) at 410-313-6420 or by filling a complaint with the Maryland Secretary of State.

## Happy Birthday Robinson Nature Center

Robinson Nature Center is celebrating its 7<sup>th</sup> birthday this Sunday, September 23, 12:00 - 5:00 p.m. Join the festivities this weekend and get a chance to see what's new at the nature center including the A to Z trail exhibit, new ARTsite installation, and outdoor receptacles painted during the first Eco-Art residency. Take a look at the VR habitat tours and a new "Magic Planet" program that will be incorporated into Robinson's new outreach programs. There's lots to do this weekend at Robinson; visit their [website](#) for more information!

## Rake & Take Program

Will you have a large amount of leaves this fall? Through the Master Gardener's Rake and Take Program, Rakers (residents who rake and bag their leaves/grass) are matched with takers (people who want leaves/grass for composting). Leaves provide a carbon amendment to compost piles and if left on your gardens, will break down to give you a rich, healthy soil. For more information on how to be a part of this recycling program, visit the [Rake and Take Flier](#).



## Bag-It Days Ends Tomorrow

[Bag-It Days](#) at the Alpha Ridge landfill end tomorrow at 3:00 p.m. Make sure to take advantage of this program by heading to Alpha Ridge with your own bag and shovel for \$1 per bag on compost, mulch and topsoil! There's no limit on the number of bags per person but they must be loaded into the buyer's car unassisted. This deal runs through Saturday, September 22, 8:00 a.m. – 3:00 p.m.

## HoCoPoLitSo's Ordinary Wonder

Join acclaimed Maryland poets Michael Collier, Elizabeth Spire, and David Yezzi on Friday, October 26, 7:30 p.m. at Monteabaro Hall, HCC in celebration of HoCoPoLitSo's 45 years of literary programming. The three poets, in their own ways, hold up the ordinary world to the light of poetry and examine everyday mysteries, both beautiful and horrible. Readings, book signing and wine and cheese reception. Visit the [event listing](#) for more information and to register.

## Donuts & Diapers

Main Event Entertainment is hosting a diaper drive for [The Howard County Diaper](#) Project on Thursday, September 27th from 5:00 - 8:00 p.m. There will be complimentary donuts and coffee provided for guests donating, as well as a \$20

FUNcard per box of unopened diapers (minimum quantity of 30 diapers). Guests that bring larger size diapers (sizes 4, 5, and 6) will receive an extra \$5 on your FUNcard. Visit the [event listing](#) for more information.



## After-School Programs

Most Howard County Elementary Schools have after school activities available for your young ones. With so many programs to choose from like chess club, music classes, basketball and video game design, there's something for everyone. For more information, visit [Recreation and Park's website](#). There's still time to sign up.

## Environmental Services Monthly Updates

Do you receive the Bureau of environmental Services monthly email of updates, holiday schedules, shredding events and more? During inclement weather, Environmental Services provides scheduling changes to curb collections. Be the first to know by [signing up](#) to receive these updates!

## Community Clean Up Day

Volunteers will meet at Faulkner Ridge Neighborhood center at 9:00 a.m. on Saturday, September 22 to help clean up around Wilde Lake. All supplies will be provided. Contact Bess Caplan for more information at [besswlvb@gmail.com](mailto:besswlvb@gmail.com).

## Back to School Scam



Scammers have identified ways of capitalizing on people seeking to earn their degrees later in life, and falling for one of these scams costs victims money and time and still results in no diploma. If you or a loved one are going back to school to complete a high school degree, watch out for these red flags:

- If you have to pay for your diploma, it is a scam. You may have to pay for classes and testing in a legitimate program, but -- once you earn it -- you will never have to pay for the diploma itself.
- If there are no classes or tests involved, and if you can earn your degree from "life experience" or previous work experience, it is a scam. A legitimate program will require that participants demonstrate excellence via coursework and exams.
- They claim to be affiliated with the federal government. Legitimate educational programs are affiliated with state governments.
- High school equivalency tests are never administered online. All high school equivalency tests must be: administered in person, proctored, closed-book and scheduled for specific dates and times

For more information on potential scams in the area, visit the [Office of Consumer Protection's site](#). It stays up to date with current scams in the area.

## Upcoming St. Louis Church Concert

See “Who’s on First?” an American Songbook Cabaret on Friday, October 12 at 7:30 p.m. in the Parish Social Hall. This fun, family friendly concert features jazz, swing and Broadway favorites plus classic baseball comedy skit by Friends of the St. Louis Music Ministry. Visit St. Louis Church’s [website](#) for more details on the upcoming season.

## VIN Etching for Auto Theft Prevention

Engraving your car’s unique vehicle identification number on all of the major pieces of glass is a highly effective deterrent and assists in returning a stolen vehicle to its rightful owner. This service is free and takes just minutes. Those interested can get their car engraved at Kings Contrivance Amherst House from 9:00 a.m.—12:00 p.m. on Saturday, September 22.

## Harvest at the Hill

Manor Hill farm will celebrate the harvest season on Saturday, October 20, 1:00 - 5:00 p.m. with drinks, delicious food, live music and farm tours. Food will be provided by Manor Hill Tavern, Food Plenty, Victoria Gastro Pub and dessert will be provided by Scoop & Paddle Ice Cream Company. Learn more about growing hops and brewing beer by taking a tour around the facility and meeting the brew team. For more information and to purchase tickets, follow this [link](#).



## Save the Date: Spin in the City

This spinning class is a fundraiser to benefit Grassroots suicide prevention services. The class will run on Friday, November 2, 6:00 - 9:00 p.m. at Quest Fitness gym and is \$65 for one session. For more information, visit the event listing on Grassroots’ [website](#).

## Storybook Science

Every month [Maryland Science Center](#) educators and programmers design the on floor experience with a specific theme in mind. Every weekend in September, Storybook Science takes to the floors. Explore wizardry, spider webs, housing construction, and more (can you guess which books they’re referring to?) Activities range from live shows to cool experiments to hands on make and takes that happen throughout the building.

## Shop Local Produce

Howard County farmer’s markets are open now to mid-November! Supplement your trips to your grocers by visiting a farmer’s market. Find out more by visiting this [website](#).

## Upcoming Events & Reminders

### Hops & Harvest Festival

**Saturday, September 29**

Columbia Lakefront

Enjoy local brews, delicious food, live music, and more.

There are two sessions available: 1:00 - 4:00 p.m. and 5:00 - 9:00 p.m. For more information, visit the [event website](#).

### Canellakis-Brown Duo

**Sunday, September 30 • 3:00 p.m.**

Smith Theater, HCC

Cellist Nicholas Canellakis and pianist-composer Michael Brown have been captivating audiences with inspired performances that combine masterpieces from the standard repertoire with original compositions and arrangements. For more information and to purchase tickets, visit [Candlelight’s website](#).

### OPUS

**Saturday, October 13 • 4:30 - 11:00 p.m.**

Merriweather Post Pavilion

Enter the Kaleidoscope this October at the second OPUS event; a surreal and unique Merriweather experience. For more information and to purchase your tickets, visit the [event page](#).

### Community Forum on Opioid Health Crisis

**October 24 • 7:00 - 8:30 p.m.**

Slayton House

The Wilde Lake Community Association Health & Wealth Committee will present a panel of experts to discuss how the opioid health crisis is impacting our community. The panel presentation will be followed by Q&A. [Registration](#) is encouraged but not required. Questions? Contact Laura Torres at [lm4941@yahoo.com](mailto:lm4941@yahoo.com).



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